



# WELCOME TO OCTOBER



## Mark Your Calendars

- Wednesday, October 1st  
**National Coffee Day**  
**International Music Day**
- Thursday, October 2nd  
**Oktoberfest**
- Friday, October 3rd  
**Smile Day**
- Saturday, October 4th  
**Card Making Day**
- Wednesday, October 8th  
**Friendsgiving National Event**
- Friday, October 10th  
**World Mental Health Day**
- Monday, October 13th  
**Thanksgiving Day**
- Tuesday, October 14th  
**National Dessert Day**
- Saturday, October 18th  
**Breast Cancer Fundraiser Fashion Show**
- Friday October 24th  
**Champagne Day**
- Monday, October 27th  
**A Taste of Regina**
- Friday, October 31st  
**Halloween Monster Mash**  
**Funny Money Auction + Spin the Wheel**

*Each residence has a unique calendar full of fantastic programs and activities, so be sure to check with your Health and Wellness team for details.*



## Falling Leaves, Celebrations, And A Season Full of Colour.

October may bring to mind pumpkins and jack-o-lanterns, but there is so much more to the tenth month! It's a season of colour, gratitude, and connection—one where every day seems to offer something to celebrate.

This month, we join the global conversation for World Mental Health Month, a reminder that our minds are stronger together. We'll also gather for Friendsgiving and Thanksgiving, when Canadians pause on the second Monday of October to give thanks for the harvest and the blessings of the year. And of course, residents are heading out on autumn drives to soak in the spectacular fall colours—watch for photos on Facebook!

This issue is packed with inspiring stories, creative programs, and the incredible people who make our communities shine. Every page offers something new to discover, and we can't wait for you to see what's been happening at All Seniors Care residences. Let's celebrate together as we build momentum toward 2025's grand finale!

## Pretty in Pink: Seniors Take the Runway



Preston Park II residence Saskatoon, SK is rolling out the pink carpet for their 4th Annual Breast Cancer Fundraiser Fashion Show on Saturday, October 18th from 2–4 pm—and this year, the event has caught on in Manitoba and Ontario!

What started to showcase residents and local businesses has blossomed into a signature event. "This special afternoon will once again celebrate the elegance and vitality of our senior community, promote sustainable fashion, and highlight local businesses—all while raising vital funds and awareness," says Emma Grodecki, Senior Health & Wellness Director at Preston Park II.

Emma adds, "We are so excited to share such a special event with all our sister building and others in

Canada! Breast Cancer is such an important cause, and we hold it near and dear to our hearts at Preston Park II."

Residents love stepping onto the runway to the cheers of family and friends. It's a chance to boost confidence, show off their personality, and prove that you're never too old to strut your stuff—men and women alike! Emma's top tip? "Shoulders back, chin up, and walk that runway!"

With a splash of pink, some community spirit, and maybe even a few surprise cheerleaders, this fashion-forward tradition is one not to miss. Along with Preston Park II, **Preston Park I, Victoria Landing, and Shaftesbury Park** in Winnipeg, **Summit Heights** in Hamilton, ON, and **Cité Parkway** in Ottawa will host their first Breast Cancer Awareness Fashion Shows this October.



## Carving Out the Time to Say Thank You

In October, Canadians across the country gather to celebrate Thanksgiving – a time to reflect, share meals with friends and family, and give thanks for all of life's blessings.

As we celebrate the harvest season, there is so much to be grateful for: the farmers who bring food to our tables; health care workers who support us; and the people strengthen our communities. At All Seniors Care, traditions, favourite recipes, and shared stories are just some of the highlights of the season. From our family to yours, may your Thanksgiving be filled with love, laughter, and warm memories.

VISIT OUR WEBSITE

[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)

## Ottawa Residences Give Back to Montfort Hospital Foundation



In September, our Ottawa residences were proud to present a cheque for \$3,000 to the Montfort Hospital Foundation's Proud Partner Program. This meaningful contribution supports the Foundation's mission to enhance health care services for the community.

"By collaborating with the Foundation, organizations like All Seniors Care not only contribute to essential projects in our community, they also strengthen their commitment to ethical and sustainable practices for the benefit of patients," said Dominique Gagnon, Manager of Commercial Initiatives and Parking for the Foundation.

We are honoured to be part of this important partnership and remain committed to making a positive impact on the lives of those we serve, both within our residences and across Ottawa.

## Wear Orange



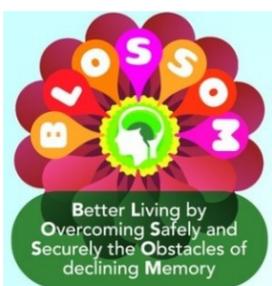
On September 30, **Auburn Heights** marked Truth and Reconciliation Day with a meaningful visit from Leah Sampson (Standing White Buffalo), Indigenous Knowledge Keeper from the Muscowpetung Saulteaux Nation. Residents listened to her stories and teachings before joining an outdoor Smudge grass ceremony. The gathering encouraged reflection, respect for the land, and recognition of the Indigenous peoples who have been its caretakers since time immemorial.

## Snapshots & Stories : Where Magic Happens



At **Lakeridge Heights**, some of the best conversations begin with a simple photo. That's the idea behind Snapshots & Stories, a new program where residents bring along a picture or two and share the memories behind them. "It's incredible to see how one photo can open the door to so many stories, memories, and new connections, says Brittany Dowling, Director, Health & Wellness at the Whitby residence.

From hilarious wedding stories to senior tap-dancing performances at Roy Thompson Hall, the stories shared have been as unique as the residents themselves. One photo leads to another memory, and soon the room is filled with conversation and laughter – proving that even the smallest snapshot can open the door to countless stories.



## What Is BLOSSOM Living?

Do you ever find yourself unsure of how to start your day, feeling low in energy, or less motivated than usual? Perhaps you've noticed moments of loneliness, sadness, or feeling a little "out of sorts."

If so, our **BLOSSOM Living program** may be just what you need. BLOSSOM is designed to provide gentle support and guidance through the aging process, helping residents stay socially connected and engaged. With reminders of daily activities, one-on-one time, and opportunities to join in group programs, BLOSSOM ensures inclusion, every day.

From brain games and creative activities to walks and meaningful conversations, **BLOSSOM Living** provides companionship and encouragement each step of the way. Whether you're experiencing mild cognitive changes or simply looking for a little extra support and friendship, BLOSSOM is here to help you thrive.

To learn more, please reach out to an ASC Lifestyle Director—we'd be happy to share how BLOSSOM can brighten your days.

## ASC Special Moments from September

During September, residents went on road trips and river cruises, had our 'back to school' pictures taken, and celebrated the first day of autumn. Our taste buds exploded with a Taste of Montreal and there were plenty of "aww" moments during the Grandparents Day Teddy Bear Picnic (we hear that the tabletop teddy bears were a big hit)! To see more photos and videos, please visit individual residence [Facebook pages](#) or ASC our [Instagram](#) page. There are more pictures on page 4 of this newsletter.



## Get Ready for a Boo-tiful Bash



Halloween is right around the corner, and our residences are getting ready for a spook-tacular day! From costume parades to themed games and plenty of tasty treats, this year's celebrations are bound to be a real treat (with only a few friendly tricks). Here are some sneak peaks!

At **Seine River** in Winnipeg, MB, a local elementary school will be visiting for a delightful costume parade and dances that are sure to bring smiles all around. While over at **River Ridge 1**, residents can look forward to trick-or-treating and prizes for the best costumes—so get ready to show off your spooky style!

At **College Park II** in Regina, SK, Halloween fun isn't just a day—it's a whole week of frightfully fun happenings! Leading up to the 31st, residents will enjoy fang-tastic chair exercises, a Trick-Or-Treat Yourself Spa, pumpkin crafts, and games. On the big day, the Monster Mash Party promises eerie-sistible fun and a chance for everyone to eat, drink, and be scary!

**Preston Park** in Saskatoon will be frightfully fun, with a morning of pumpkin carving and painting to get everyone in the "spirit." In the afternoon, residents can creep it real at our spooktacular party, complete with a costume parade, karaoke, chillingly sweet ice cream floats, and the fang-tastic reveal of our costume contest winners! 🎃 🧛

Families and friends are welcome to join—because Halloween is sweeter when celebrated together! Contact an ASC residence near you for details!

## Charlie Brown, Snoopy & the Gang



Seventy-five years ago this October, a little boy with a round head and his imaginative beagle first appeared in the funny pages. On October 2, 1950, Charles Schulz introduced the world to Peanuts—and generations have been smiling ever since. Parents read it with their morning coffee, kids cut the strips from the newspaper, and Snoopy danced his way into hearts everywhere. At its height, Peanuts was in 2,600 papers worldwide! And here's a fun twist: since 2017, Canada's own WildBrain has helped carry on the legacy. This Halloween, ask your grandparents: who did they wait for in the pumpkin patch?

### Peanuts Trivia

What was Snoopy's original name supposed to be?

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What was Charlie Brown's dad's profession?

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Which character believes in the Great Pumpkin?

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Who was the first female comic strip character to regularly wear pants?

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When did Woodstock finally get his name?

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**“Happiness is not by chance, but by choice.” Let's choose joy each and every day. Sometimes it's the smallest moments that bring the most happiness.**

*– Toni Hudson, Lifestyle Director, Shaftesbury Park*

## Huddle Up with Your Besties Some Cozy Fun!

What's better than turkey, pie, and cozy sweaters? Sharing them with friends! After the huge success of last year's celebration, our residences were buzzing with excitement to host the 2nd Annual ASC Friendsgiving on October 8th.

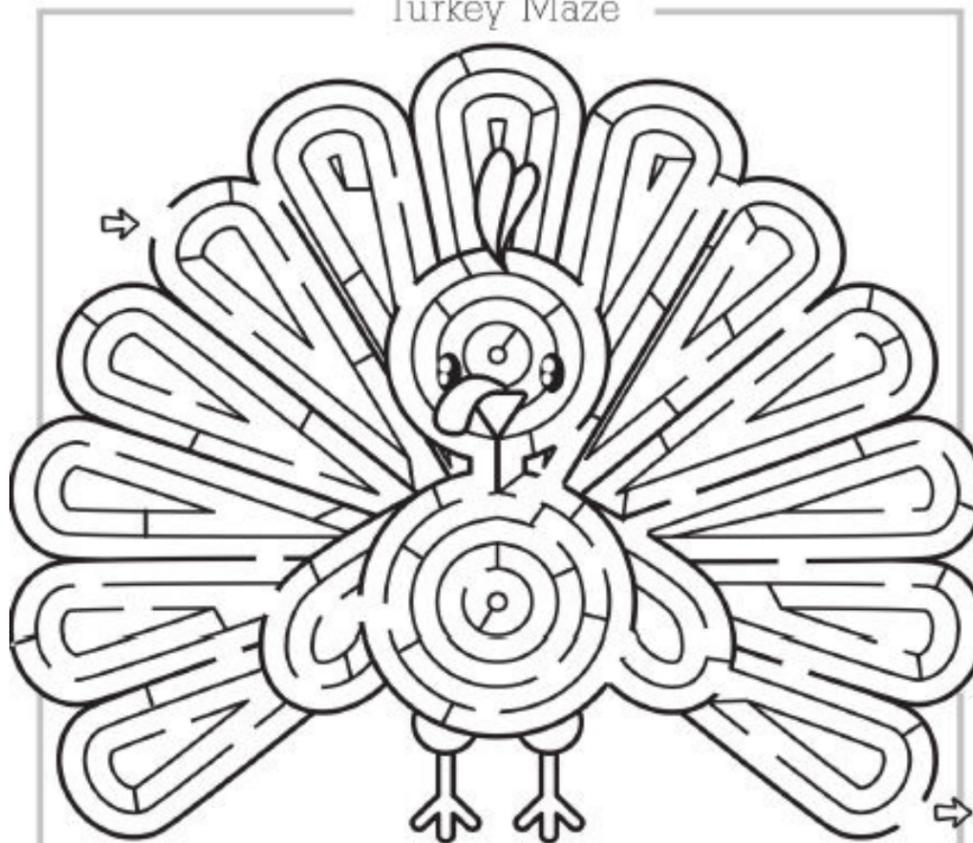
The day kicked off with pumpkin donuts and coffee at our pop-up Bistro Café before residents bundled up for the Crunching Leaves Walk (with a few friendly scavenger hunts along the way!). Laughter echoed through the halls during Fall Fair Games and Prizes—corn hole, apple toss, even a hilarious “Thanksgiving Pants” challenge—while the Gratefulness Wall filled up quickly with heartfelt notes of appreciation.

The highlight, of course, was the pie stand and Friendsgiving feast—complete with music, whipped cream, and maybe even a little second helpings. Residents strutted their stuff in cozy autumn colours, welcomed senior friends to dinner, and snapped photos at festive fall displays.

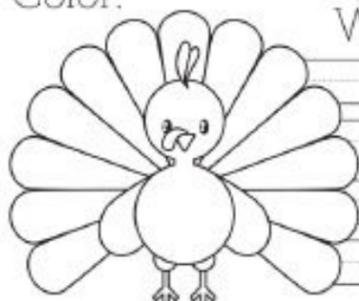
The evening wrapped with movies, campfires, and s'mores—proof that friendship is the sweetest ingredient of all. And don't worry—our traditional Thanksgiving Day celebration is still just around the corner! Ask the Health & Wellness Director at a residence near you for details.



### Turkey Maze



Color:



What are you thankful for?

www.BrainyMaze.com

## Things We Love



In honour of **World Mental Health Day**, we're reminded how important it is to celebrate these moments of connection and happiness; to reflect on the little joys that brighten our days and lift our spirits. That's why we've put together a list of “Things We Love” this season.

- *Morning coffee chats* while watching the leaves fall outside
- *Freshly baked cookies* (especially with cinnamon or apple!)
- *Sing-alongs and choir nights* filled with autumn favorites
- *Bingo victories* and laughter at Halloween-themed games
- *Walks through the garden* with crisp leaves crunching underfoot
- *Puzzle tables* surrounded by cozy sweaters and warm mugs
- *Stories from our neighbors' pasts* – like Halloween memories from childhood
- *Chair yoga and gentle stretches* that keep us moving on chilly mornings
- *Friendly competition* at trivia, cards, and fall-themed contests
- *Halloween parades with children trick-or-treating* through the halls
- *Bus outings* to admire the rich colours of autumn
- *Trying new recipes* like hearty soups and spiced desserts
- *Decorating doors and hallways* with autumn leaves and Halloween flair
- *Volunteers and staff* who go the extra mile every day

- Peanuts Trivia Answers:**
1. Sniffy
  2. A barber—just like Charles Schulz's father
  3. Linus
  4. Peppermint Patty
  5. 1970, a year after the Woodstock music festival

# ALL SENIORS CARE *Neighbourhood News*

ALL SENIORS CARE NEWS | October 2025

## September Memories

